

Start Time: 2:14pm

Donna M Chair

Kelly T Acting Secretary – Thank you for serving Kelly T.

10 Home Groups Present:

A new beginning

Candlelight recovery

Freedom thru recovery

New way of life II

Peace in the AM

Principles before Personalities

Recovery in the Hood

Sunday Serenity

Unity and Positivity

Wolfpackin’

Proposal 1: Attached. GSR orientation accepted

Proposal 2: join casc. Attached. accepted

Proposal 3: Attached. Jasper concerned with intent and removing a group that may be meeting that we just have not been in contact with. Decided to table until next month to get in touch with all groups. Outreach coordinator for PR is reaching out to groups to find out who is meeting and who is not.

Proposal 4: Attached. Jasper brought up that it limits people who do not have technology and may keep them from getting a meeting list. Voted: 6 opposed 2 abstain

It was decided that the QR code that is part of the proposal will be printed on actual printed meeting schedules along with the website URL. Sebastian will print meeting directories with QR code and website listed.

It was brought up that we do not have a PR chair. Chris M expressed willingness.

Pros: immediate need for a PR chair

Cons: not for a “non-seasoned” member and we should not just fill positions with whoever because there is a need (per concepts.)

Chris M withdrew his application but expressed interest in being part of the PR subcommittee to learn.

Motion 1: Attached. Passed

Richard gave the policy report which is attached.

Leah gave the treasurer report (not attached I emailed her and asked for it with no response)

-Jasper noted that per policy quarterly audits need to be done by the executive committee.

Sebastian gave outreach report which is attached.

Donna verbally gave her report as chairperson.

Kelly gave h&I report. Attached

Jasper gave convention report (verbally)

Jay brought concern about food and drink rule at area (no food or drinks allowed) potential health concerns with people that need to drink water or eat over a period of time. Decision was made that we have to respect church rules and if people need to eat/drink they can step outside and do so.

Meeting adjourned at 4:30pm.

Capital Area Narcotics Anonymous - MOTION

Date: 8/1/2021

Motion made by: Sebastian D. (Outreach Chair)

Motion reads as follows:

- 1) Remove meeting listings from the CASC meeting directory indicated as 'facility temporarily closed' or 'status unknown'.
- 2) Update meeting listings on the CASC meeting directory that are online only (not in-person and not hybrid).
 - a. Remove street address (keep city and zip code).
 - b. Remove 'facility temporarily closed' or 'status unknown' if applicable.
- 3) Add back meeting listings and physical address info to the CASC meeting directory if/when such information is verified by either a home group member for the meeting in question or the CASC Outreach Subcommittee. Note that the Outreach Subcommittee will continue to work to verify the status of meetings as they appeared in our meeting directory prior to the above changes (attached).

Intent:

List only meetings that are actually meeting (in-person, online or hybrid), so that an addict seeking recovery knows exactly where to go.

Carried _____

Failed _____

Tabled _____

Amended _____

Back to home groups _____

Policy change _____

Yes _____

No _____

Abstain _____

Capital Area Narcotics Anonymous - NEW CASC HOME GROUP MOTION

Date: 7/26/21

Motion made by: Kelly T. Seconded by Maria M.

Motion reads as follows:

The following home group hereby motions to join Capital Area Narcotics Anonymous of NC.

Home group name: Ladies Night Out

Home group GSR or other point of contact (name, phone, email address): Chelsea D. 681-212-0499

recoveringvibes@gmail.com also Kelly T. 910-408-8570 kelly@dtainsure.com

Meeting location (facility name and physical address including room name/number, or online access info):

Christ the King Presbyterian 1426 Wake Forest Rd, Raleigh, NC 27604

Downstairs Community Room. There is an open door leading straight into the room from parking lot.

Special criteria for entering facility ('n/a' if none): N/A

Day of week and meeting time start/end*:

The checked items below apply to this meeting*:

- | | | | |
|--|--|--|---|
| <input checked="" type="checkbox"/> Open (all are welcome) | <input type="checkbox"/> Non-Smoking | <input type="checkbox"/> IP Study | <input type="checkbox"/> Step Working Guide Study |
| <input type="checkbox"/> Closed (addicts only) | <input type="checkbox"/> Restricted Access | <input type="checkbox"/> It Works Study | <input type="checkbox"/> Guiding Principles Study |
| <input checked="" type="checkbox"/> Wheelchair accessible | <input type="checkbox"/> Smoking | <input type="checkbox"/> Just For Today Study | <input type="checkbox"/> Topic |
| <input checked="" type="checkbox"/> Beginner/Newcomer | <input checked="" type="checkbox"/> Women | <input checked="" type="checkbox"/> Literature Study | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Candlelight | <input type="checkbox"/> Young People | <input type="checkbox"/> Meditation | <input checked="" type="checkbox"/> Living Clean |
| <input checked="" type="checkbox"/> Children Welcome | <input type="checkbox"/> Basic Text | <input type="checkbox"/> Questions & Answers | <input type="checkbox"/> Format Varies |
| <input type="checkbox"/> LGBT | <input type="checkbox"/> 12 Concepts | <input type="checkbox"/> Speaker | |
| <input type="checkbox"/> Men | <input checked="" type="checkbox"/> Discussion/Participation | <input type="checkbox"/> Step | |

Additional information: anyone who identifies as a woman is welcome at this meeting.

**using additional pages, complete for all days/times home group meets*

Intent:

To join Capital Area Narcotics Anonymous.

Carried _____ Failed _____ Tabled _____

Amended _____ Back to home groups _____ Policy change _____

Yes _____ No _____ Abstain _____

Capital Area Narcotics Anonymous - MOTION

Date: 8/1/2021

Motion made by: Sebastian D. (Outreach Chair)

Motion reads as follows:

1) Add the attached New CASC Home Group Motion to the CASC Policy Manual as Appendix F. This prefilled motion form for combines and replaces the “motion for membership, new group questionnaire, and PR information form” indicated by current policy section 5.01(e).

2) Change CASC Policy Manual section 5.01(e) to read as follows:

(e) Groups Requesting Membership
NA groups that choose to join to the Capital Area can have any designated home group member make a motion for membership at the regular monthly CASC meeting, and may use the New CASC Home Group Motion (Appendix F) to ensure all information needed for the area meeting list is provided. In the spirit of Tradition Nine, CASC members should assist any home group that wants to join Capital Area NA in every way possible.

3) Change CASC Policy Manual section 2.04(c)(v) to read as follows:

(v) The Secretary will present the designated home group member for new CASC home groups, along with a completed New CASC Home Group Motion (Appendix F).

Intent:

Simplify the process for home groups to join the Capital Area and make our policy for the same easy to understand.

Carried _____ Failed _____ Tabled _____
Amended _____ Back to home groups _____ Policy change _____
Yes _____ No _____ Abstain _____

Capital Area Narcotics Anonymous - NEW CASC HOME GROUP MOTION

Date: _____

Motion made by: _____

Motion reads as follows:

The following home group hereby motions to join Capital Area Narcotics Anonymous of NC.

Home group name: _____

Home group GSR or other point of contact (name, phone, email address): _____

Meeting location (facility name and physical address including room name/number, or online access info): _____

Special criteria for entering facility ('n/a' if none): _____

Day of week and meeting time start/end*: _____

The checked items below apply to this meeting*:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Open (all are welcome) | <input type="checkbox"/> Non-Smoking | <input type="checkbox"/> IP Study | <input type="checkbox"/> Step Working Guide Study |
| <input type="checkbox"/> Closed (addicts only) | <input type="checkbox"/> Restricted Access | <input type="checkbox"/> It Works Study | <input type="checkbox"/> Guiding Principles Study |
| <input type="checkbox"/> Wheelchair accessible | <input type="checkbox"/> Smoking | <input type="checkbox"/> Just For Today Study | <input type="checkbox"/> Topic |
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| <input type="checkbox"/> LGBT | <input type="checkbox"/> 12 Concepts | <input type="checkbox"/> Speaker | |
| <input type="checkbox"/> Men | <input type="checkbox"/> Discussion/Participation | <input type="checkbox"/> Step | |

Additional information: _____

**using additional pages, complete for all days/times home group meets*

Intent:

To join Capital Area Narcotics Anonymous.

Carried _____	Failed _____	Tabled _____
Amended _____	Back to home groups _____	Policy change _____
Yes _____	No _____	Abstain _____

Capital Area Narcotics Anonymous - MOTION

Date: 8/1/2021

Motion made by: Sebastian D. (Outreach Chair)

Motion reads as follows:

Change CASC policy section 3.04(f)(iv) to read as follows:

To provide orientation, group packets and CASC Policy Manuals to new GSRs. The orientation will be held 30 minutes prior to the monthly CASC meeting, and will be open to any NA member who wishes to attend, including experienced GSRs who may have missed it or want a refresher.

Intent:

Provide clarity and encouragement to any NA member seeking to understand the GSR role and/or how CASC conducts business.

Carried _____

Failed _____

Tabled _____

Amended _____

Back to home groups _____

Policy change _____

Yes _____

No _____

Abstain _____

Capital Area Narcotics Anonymous - MOTION

Date: 8/1/2021

Motion made by: Sebastian D. (Outreach Chair)

Motion reads as follows:

Restart printed meeting lists using the attached layout until further notice, and especially during the transition back to in-person. Home groups and other facilities (H&I, PR) meeting in person need printed lists to help carry the message to the addict who still suffers, but currently our meeting list (<https://capitalareancna.com/meeting-schedule>) is changing almost daily.

Some pros and cons:

- | | |
|--|---|
| <p><u>Pros</u></p> <ul style="list-style-type: none"> ▪ Meeting list will never be out of date. <ul style="list-style-type: none"> - Less chance of an addict showing up to a locked door. - Impacts anywhere that Capital Area NA meeting lists are available, including home groups and anywhere H&I and PR delivers meeting lists. ▪ Much lower cost and labor. <ul style="list-style-type: none"> - Over 72% lower cost (estimate attached). - Never needs replacing, so no wasted lists. - No more folding. No more updating. ▪ Included NA.org info reflects our area as part of NA as a whole, and provides access to IPs, meetings outside of Capital Area and other resources. ▪ Pocket-size, but still highly-visible (such as in a lit rack). ▪ Handy Twelve Step tool. | <p><u>Cons</u></p> <ul style="list-style-type: none"> ▪ Will need a phone or internet connection to find a meeting, but CASC phone line is toll free (you can call from any phone at no charge). ▪ Can't circle meetings for a newcomer; will have to write in the notes section instead. |
|--|---|

Intent:

Make it so that meeting lists don't expire. Make creating, updating and printing of our area meeting list more streamlined and cost effective, but without compromising carrying the message to the addict who still suffers.

Carried _____	Failed _____	Tabled _____
Amended _____	Back to home groups _____	Policy change _____
Yes _____	No _____	Abstain _____

**DRUG PROBLEM?
TRY NARCOTICS ANONYMOUS**



Capital Area NA of NC
877-590-6262
www.capitalareancna.com

Raleigh, Cary, Apex, Fuquay Varina,
Garner, Knightdale, Wake Forest, Clayton,
Wilson, Rocky Mount, Youngsville, Zebulon



NA World Services
818-773-9999
www.na.org

Call or go online for more info or to find a meeting.

We are recovering addicts who meet regularly to help each other stay clean.

We have no fees, dues, or pledges to sign, and are not affiliated with any other organizations or groups.

Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are only interested in what you want to do about your drug problem and how we can help.

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Shopping Cart

Delivery based on **27601**

Your pickup store: 2580 TIMBER DRIVE GARNER TOWNE SQUARE GARNER, NC 27529 [Change](#)

4 per sheet - final quantity 1000 / \$0.06 each, including cutting ✕



Copies
Item # 870284

Project Name: new casc meeting list

Delivery
Available within 3-5 business days

\$0.23 / each
\$57.50

Store and Curbside Pickup [Edit / Change Quantity](#)
Estimated pickup time provided at checkout

1 per sheet - final quantity 250 / \$0.22 each, NOT including folding ✕



Copies
Item # 870284

Project Name: old list

Delivery
Available within 3-5 business days

\$0.22 / each
\$55.00

Store and Curbside Pickup [Edit / Change Quantity](#)
Estimated pickup time provided at checkout



Office Depot® Brand Copy And Print Paper, Letter Size (8 1/2" x 11"), 20 Lb, Ream Of 500 Sheets

Feedback

Good Afternoon:

Past month's activities:

- 1) Had a Policy Sub Committee Meeting via zoom
 - a. Organized a collection for policy committee to have for easier access at CASC meetings.
 - b. Printed out policy manuals to have for CASC meetings
- 2) Printed 5 policy manuals for our face to face CASC meeting. Additionally, policy manual is available on the area site.
- 3) The policy subcommittee will be reaching out to all subcommittees within the next 2 weeks to discuss how we can be effective in serving you.
- 4) Contact phone numbers for committee members:
(267) 997-0896 (Richard J)
(919) 413-9912 (Stephanie G)

Thank you again for your votes of confidence to serve our area in this position.

Richard J. / Stephanie G

Dear Capital Area NA of NC home groups:

Highlights from Outreach activity over the last month

- The transition back to in-person is happening very quickly. Many home groups are meeting in-person again, but facing challenges with the transition.
- Biggest challenges facing Capital Area homegroups seem to be inaccurate listings on our meeting list, getting the word out that they're meeting in-person, getting literature, and a lack of printed meeting lists.
- Outreach, along with the help of several individual NA members, is in full swing with supporting home groups in working through current challenges.

Where we need help

- **All NA members in the Capital Area, please double-check the meeting list and report inaccuracies** (<https://capitalareancna.com/meeting-schedule>). You can report inaccuracies by calling or texting the new Capital Area Narcotics Anonymous meeting update hotline at 919-578-3301. It's also fine to continue emailing the web admin or call the main CASC number.
- **Help Outreach visit various home groups in the area** to verify status and help them reconnect to CASC if they so choose - call or text 919-578-3301 to get involved.
- **If you know the current status of any of the following home groups please call or text** 919-578-3301.

<i>Experience, Strength, and Hope</i> White Plains Methodist Church 313 S.E. Maynard Rd., Cary, NC, 27511 Room# C-203	Thursday 12:00 pm - 1:00 pm TCPASSWORD: hope
<i>I Can't We Can</i> Saint James Church 3808 St. James Church Rd., Raleigh, NC, 27604	Thursday 7:00 pm - 8:00 pm O,D,TC
<i>Man Up</i> 1401 Boyer St., Raleigh, NC, 27610	Wednesday 8:00 pm - 9:00 pm D,M,C,To,TC
<i>NA ND PM</i> Glass storefront 124 S. Salisbury St., Raleigh, NC, 27601	Saturday 1:00 pm - 2:00 pm BT,So,TC
<i>Our Common Welfare</i> Friendship Chapel 237 Friendship Chapel Rd, Wake Forest, NC, 27587	Monday 6:30 pm - 7:30 pm D,IP,SD,St,TC
<i>Seeking Similarities</i> Healing Transitions Men's Campus 1251 Goode St., Raleigh, NC, 27603	Saturday 2:00 pm - 3:00 pm O,D,IP,WC,JT,St,To,TC
<i>Spiritually Connected</i> Wake Baptist Grove Church 302 E. Main St., Garner, NC, 27529	Sunday 4:00 pm - 5:00 pm D,VAR,TC
<i>The Seekers Group</i> Community Service Center 401 E. Whitaker Mill Rd., Raleigh, NC, 27608	Wednesday 8:00 pm - 9:00 pm O,BT,WC,TC
<i>We Do Recover</i> Lincoln Park Church - White building across street 13 Heath St., Raleigh, NC, 27610	Saturday 5:30 pm - 6:30 pm O,D,JT,So,St,TC
<i>Welcome Home</i> Grace Lutheran Church 5010 Six Forks Rd., Raleigh, NC, 27609	Thursday 8:00 pm - 9:00 pm O,D,CL,So,Tr,TC

Why Are We Here 509 Hilltop Dr., Raleigh, NC, 27610	Friday 8:00 pm - 9:30 pm O,RF,TC
Women In Recovery 2321 Crabtree Blvd. Suite 100, Raleigh, NC, 27604	Saturday 11:00 am - 12:30 pm W,C,TC

Last month

- Anonymously interviewed w/CBS 17, w/PR subcommittee representative regarding status of Capital Area NA during pandemic and now that things are more opened up.
- Completed CASC financial responsibility agreement and emailed it to the CASC Chair.
- Began verifying statuses of the 83 meetings listed in our directory as of 7/11/21, resulting in 25 updates, confirming that 13 are listed correctly, and 4 TBDs (total of 42). This included visiting approx. 10 groups, reaching out to my network, and calling facilities directly.
- Set up a meeting list update hotline and am requesting weekly text and email blasts - call or text 919-578-3301 if you find an error on capitalareancna.com/meeting-schedule.
- Responded to Fairmont Methodist Church inquiry (attached).
- Ordered 3 CASC policy manuals and 12 GSR orientation packets from Office Depot for GSR orientation, at a cost of \$20.75 (\$14.25 under budget) and sent receipt to CASC Treasurer.
- Restarted GSR orientation as of 8/1.
- Sent email and text blast asking NA members in this area to report inaccuracies on our meeting list.
- Prepared 4 motions for 8/1 CASC meeting and forwarded to CASC officers in advance.
 - Restart meeting list printing using a new format.
 - Policy change / new home groups joining Capital Area NA of NC.
 - Policy change / GSR orientation.
 - List only active meetings (in-person, online or hybrid).
- Reached out to CASC officers
 - Requested the current list of GSRs (Secretary)
 - Requested status interim meeting(s) for CASC officers and subcommittee chairs (CASC Chair).

Next month

- Continue visiting home groups and talking with NA members to verify meeting status, help them transition to in-person, and help them to connect with CASC if they so choose.
- Review Outreach Subcommittee guidelines, and start updating if applicable.

Outreach goals for 2021-2022

- Fulfill Outreach Subcommittee charter.
- Support home groups in transitioning back to in-person.
- Update Outreach Subcommittee guidelines.
- Update GSR Orientation Packet.
- Mentor others in Outreach Subcommittee roles, and recruit 2022-2023 Outreach Subcommittee Chair.

Outreach charter - CASC policy section 3.04(f)

Outreach Subcommittee

To assist in carrying the NA message to the still suffering addict, thus supporting the continuing growth and unity of the fellowship. It is suggested that additional information about the Outreach Subcommittee may be found in applicable World Service and Regional Service documents. The Outreach Subcommittee will carry out its function and purpose by:

- (i) Acting as a resource and a coordinator in reaching out to: Loners, isolated groups, Loners and isolated groups in institutions and struggling groups.
- (ii) To locate isolated members, groups, or meetings and to provide these members, groups and meetings with information about NA and its service structure.
- (iii) To reach out to groups that have not been attending CASC meetings on a regular basis, and to encourage participation through education. If a group does not have a representative at a meeting of the CASC during an entire quarter, the Outreach Subcommittee will personally deliver the group minutes in an attempt to address any problems that the group may be experiencing.
- (iv) To provide orientation, group packets and CASC Policy Manuals to new GSRs.

Outreach subcommittee budget - CASC policy section 4.07(c)

Payment of Subcommittee Allocations

The CASC Treasurer will administer pre-approved Subcommittee allocations in the following amounts:

- H&I	\$190.00 per month
	\$200 annually for the H&I Learning Day
- PR	\$75.00 per month
- Policy	\$30 per month
- Outreach	\$35 per month



CASC H & I Chair Report

August 2021

August 1, 2021

Dear CASC,

H&I Subcommittee met at 12pm for orientation w/ 0 attendees. 12:30 for Subcommittee meeting w/ 2 participants.

Issue was brought up w/ Wake med presentation. Possible issue w/ us reaching addicts & not just filling time. Tabled until September due to lack of members present.

presentation request from faculty in Louisburg - talked to contact about room as they do not want outside visitors. Waiting to hear back.

Will reach out to Triangle Springs to see if they are ready to add a 2nd day. (possibly Sunday morning.)

Lean P. expressed willingness to be a panel leader & submitted →

Capital Area Narcotics Anonymous - MOTION

Date: 8/1/2021

Motion made by: Sebastian D. (Outreach Chair)

Motion reads as follows:

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Intent:

Provide clarity and encouragement to any NA member seeking to understand the GSR role and/or how CASC conducts business.

Carried _____

Failed _____

Tabled _____

Amended _____

Back to home groups _____

Policy change _____

Yes _____

No _____

Abstain _____



PRESENTS



Homegroup Tailgating & Biker Rally



**All Homegroups Come out and Tailgate for \$25.
Members of Narcotics Anonymous with Motorcycles ONLY
Come Show off Your Wheels ~ \$10. Biker Registration for Bike Contest
Food Fun & Fellowship**

Saturday
9.18.21

from **11 am - 4 pm** *with* **2 Speakers**
Tailgating Kicks Off at 11 am
Biltmore Hills Park in Raleigh
Entrance on Creedlink Rd